

Billies

Mark wants to Take the Brits

TAKE That are hoping for an invite to perform at the Brits to cement their massive comeback.

Mark Owen, 34, told me: "There's always a pop slot isn't there so we'd definitely like to fill it. I've been going to the Brits party for the past couple of years but it would be nice

to be legitimately invit-ed." Take That are set to stay at the top of the sin-gle and albums charts this weekend. And Shine has a Top 20 placing on downloads alone. I told you on Monday the tune, on which Mark takes lead vocals, would be the follow-up to Patience.





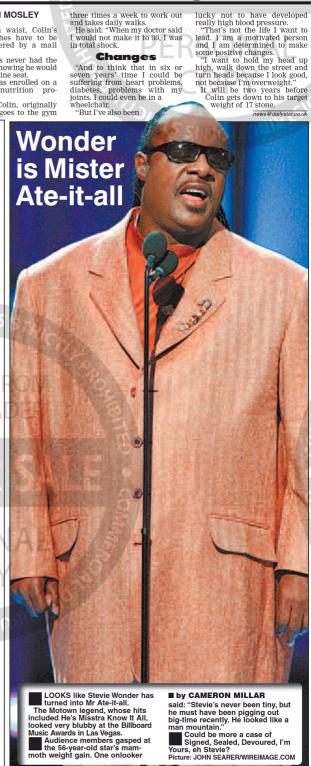
Mummy boy Gáz

GARETH Gates has



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TECHNOLOGY

FINALLY COMES OUT ON TOP IN INTERNET SEARCH SURV

■ by MARTIN BOYD

topped ti males list

males list.
Supermodel Kate
Moss, 32, made
No 10, but it seems
people weren't that
interested in her
junkie lover Pete
Doherty, 27.

Spoof

Crocodile Hunter Steve Irwin's death put him sixth in the Yahoo

list.
Spoof Kazakhstan TV
reporter Borat also
made it, along with The
Ordinary Boys at No 4.
That's because the
band's singer Preston,
24, married Celebrity Big
Brother winner Chantelle Houghton, 23, who
was second on the female
celebs list.

was second on the female celebs list.
But the survey also shows which of this year's events interested Yahoo! punters.
They were: England crashing out of the World Cup. Big Brother and the Notting Hill Carnival.
Yahoo! also revealed the most popular search worldwide was Britney Spears, 25, for the fifth time in six years.
A spokesman said: "The nation has reached the height of its obsession with celebs.

HEATHER McCartney has scored a victory over her soon-to-be ex-husband by topping a

"most searched" internet poll.
Search engine Yahoo! released details showing the 10 most popular subjects

CELEB FEMALES

- Heather Mills McCartney Chantelle
- Houghton Teri Hatcher
- Keira Knightley Rebecca Loos Paris Hilton Cheryl Tweedy

- Katie Holmes
- Jessica Simpson Kate Moss

CELEB MALES

- Pete Burns Dennis Rodman Richard

- Hammond David Blaine Pete Bennett Paul McCartney
- Tom Cruise Justin
- Timberlake
- Johnny Depp Robbie Williams

NEWS

- Steve Irwin Muslim Cartoons Local Elections
- Paul Hunter dies Richard
- Hammond crash
- Budget 2006
 Amish shooting
 McCartney
- divorce
- Bird Flu 1901 census

MUSIC

- 1 The Ordinary
 Boys
 2 Lordi
 3 D12
 4 Scissor Sisters
 5 Amy Winehouse
 6 Lily Allen
 7 Kanye West
 6 Charlotte Church
 7 Take That
 10 Justin
- Justin Timberlake

MOVIES

- Borat
- Superman Returns
- Snakes on a Plane
- Pirates of the Caribbean 2 X-Men 3
- Caribbean 2

 \$ X-Men 3

 Chicken Little
 Da Vinci Code
 Ice Age 2

 Mi:3

 Spiderman 3 A-Men 3 Chicken Little Da Vinci Code Ice Age 2 MI:3

TELLY

- Big Brother
- Big Brother
 Dancing on Ice
 Celebrity Fit Club
 Soapstar Superstar
 Celeb X Factor
 60 Minute
 Makeover
 Socor Aid
- Soccer Aid

- Test the Nation Most Haunted Only Fools and

SPORT

- World Cup Commonwealth Games Zidane

- Ryder Cup Wimbledon London Marathon Tour De France Real Madrid
- Cristiano Ronaldo Wembley

BIZARRE

- Duck Bridge
- Danby Tow Vehicle
- Essex

- Heelys

TOP: Heather Mills McCartney was No1 web search

- Chicken Breeders
- Doomsday Book Phobias Orgasmatron

- Sheilas Wheels Wedding Magician Pokemon Crater

VIDEO

with celebs.

with celebs. "In a year that saw Saddam sentenced to death and controversy over UK troops in Iraq, it is celebs, not world events that dominate the Top 10."

- Skeleton Man Street Performer Incredible Fishing Video Kids Dancing Kitty in a Bottle Be Yourself Trunk Monkey

- Base Jumping Dogs Ridin' Dirty The Bin Shot Marbles Blender



RUBBER-NECKERS: Pete's a hit

<u>YAHOO!</u> TOP TEN INTERNET SEARCHES 2006 Heather Mills McCartney

- Big Brother The Ordinary Boys

- **Notting Hill Carnival**
- McCartney
 Pete Burns
 Big Brother
 The Ordinal
 World Cup
 Steve Irwin
 Borat
 Notting Hill
 Zidane
 Kate Moss



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ENS SHOV

back their favourite charity.

The babes got together again to support jailed Liverpool fan Michael Shields.



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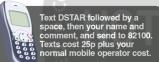
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X-Series

TEXT DSTAR TO 82100



How the hell have Pants & Dreck got a TV deal for 30m? They are absolute rubbish. I wouldnt pay them 530, much less £30m. Brian, Aberystwyth

HOW PATHETIC THAT UNFUNNY ANT AND DEC ARE TO GET

A3 MILL DEAL I WOULDNT PAY EM
50p A WEEK. DAVE HALL STAFFS

imagine how more popular puseou

50p A WEEK. DAVE HALL STAFFS imagine how more popular russell brand wud b if he was actually entertaining? FENNY DA LOFTER Happy christmas everybody. Regardless ov colour, race, religion, sex or whatever. in the words of the great man himself. "make love, not war". codhead

Re: Banning XMAS.
E N O Ü G H
POLITICAL CORRECT THOUGHT CONTROL!
Rob Stephens

THOUGHT CONTROL Rob Stephens
To c of e karen: You religion promotes peace? Name a bigger killer in the world than religion.

C of E Karen religion is the biggest cause ov war on the planet. barnsleyphil
To C of E Karen:
When has religion ever promoted peace? It's the biggest cause of wars and terrorism the world's eva known! get real u twonk! The Charmer
has anyone else got a thing for pet

has anyone else got a thing for pet rabbits like me? craig price

widnes

If i got rabbits tattooed on my head, from a distance do u think they would look like hares? MORLEY PENRITH

does anyone else agree with me that line dancin is not only for old women? JOHN EDGE SNR WIDNES women: JOHN EDGE SNR WIDNES

in such rubbish?! pete ov
runcorn

Apple pips contain cyanide.
Healthy cells can cope while tumor cells cant & die. Got or want 2 prynt cancer? EAT APPLE PIPS. DOC prvnt can MARTIN

2 saucy sue. Read the signs and dont put on ur lippie and u wont get clamped. Rich clamper. Wilmslow

EVERYONE'S BORN RIGHT-HANDED. ONLY THE INTELLIGENT OVERCOME IT. LEFT

how much longa this gov gonna keep fleecing brit public? uk gone 2 dogs. el tel

2 dogs. el tel public houses should cut the price of the beer at xmas time for their locals, to show appreciation for their loyalty to the landlord! BUNNER THE FORD

FORD

mystified: theme tune 2 brush strokes was because of you by dexy's. ghnwg

Why don't taxi firms start a points system leading up to

don't taxi firms start a ts system leading up to christmas? for every taxi u take u get 1 point. Get 10 points get a free taxi ride. JOHN HOLLAN

A Million love

A Million love songs later... and they're still CRAP! VAMPIRELLA

VAMPIRELLA

Tobbie: we all want back in take that, mate. please think about it, FOR OUR SAKES! HODDY HALEBANK

GOD. BARLOW A KNOB X. MINTY

sandra:

Robbia

GOD. BARLOW A RIGORIAN SANDER SANDER

P.E.
I HONESTLY BELIEVE POLITICIANS DESERVE A BIG PAY
RISE I ALSO BELIEVE IN THE LOCH
NESS MONSTER, LIFE ON MARS
AND MY TEAM SPURS WINNING
THE LEAGUES CUTCH

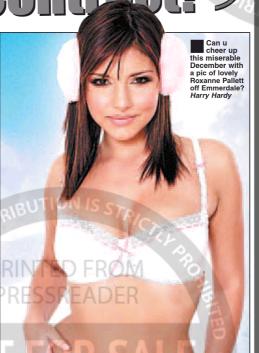
ENGLAND DISGRACE, AUSSIES LAFFIN SO MUCH THEIR KNICKERS WILL NEVER DRY!! STILLSMOKIN

STILLSMOKIN

Wot a sexy minx Fergie from black-eyed peas looked in her school uniform. Can I help her with her homework? A. Lytham

Ban fireworks. More deaths, they just cause misery – us and animals Stave

mals. Steve





WE pay £5 for jokes printed (not texts). Write to: You're Havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

AN old couple are watching telly on Boxing Day. The husband looks at his wife and says: "Whatever happened to our sexual relations?"

His wife says: "I don't know. They didn't even send us a card this Christmas."

JOHN PARK

JOHN PARK

JOHN PARK,
Motherwell.
A MAN asks his wife what she'd like for Christmas. She replies: "A divorce."
He says: "I wasn't thinking of spending that much."
D. PERKINS,
Thatcham, Berks.
I WEN'T to the DVD hire shop and asked: "Can I take out The Elephant Man?" The bloke said: "I don't think so – he's not your type." type."
So I asked: "How about Batman

Forever?" The man said: "No, you'll have to bring it back tomorrow."

RICHARD HORNE, Mirfield, West Yorks.

Text DSJOKE (space) name and joke to 82100.

n and laugh as your mate is wound up 0905 235 8158 Calls cost £1 per minute.

ENS. /Δ/

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£10 LETTER

WHY all the fuss over Muslims demanding Muslims demanding Sharia law here, includ-ing stonings (Daily Star, November 30)?

I'd like to point out that the teenagers in my village have

been getting stoned for years.
We residents are quite used to it by now.

COLIN W. WESTON.

COLIN W. WESTON,
Bamber Bridge, Lancs.

I THINK we should bring in a
law that all those who commit
adultery be stoned to death.

This would have one great benefit – the House of Commons would
be decimated overnight. That
might teach them a few morals.

TREVOR BISHOP.

Kilpeck, Hereford.

HOW difficult it must be for
the people whose countries
we invade to understand the concept of democracy. UK-style.

After all, the English soldiers
sent to risk their lives in the name
of democracy come from a country that doesn't even have its own
parliament! parliament!

Mrs B. JAMES, Partington, Manchester.

6 Myleene: one true babe

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DSTAR to:

How long dya think kate moss wud last in a jungle? As Dexy's said "Come on Myleene". WHAT A TRUE BABE! gaz@scouseland
Matt king of jungle my arse! Still as useless as he was in Busted. Real winner Myleene. Pure Klass. Jay congrats to matt on being king of the jungle. knew he was a tiger! bobby wilson Jason donovan brill in jungle. Genuine and a nice guy. Liz

guy Liz

2 SWAZZA: WHERE DO ALL U STEEL WORKING.
RUGBY PLAYING ADONISES HANG OUT? COZ JUST LOAD OV COUCH POTATOES NEAR ME. SAUCY SUE

Michelle Heaton and Andy Scott-Lee, pse go, ur 15 mins of fame r up. F Runcorn

PAY PER MILE? WOT A JOLLY JAPE! AND I THOUGHT FAT BOY PRESCOTT LEFT TRANS-PORT DEPT YRS AGO AFTA MASSIVE SUCCESS. STEVE

to all u men who watch x factor: u should b down the pub u jessies. SOUTH LONDON SUE

LONDON SUE

what are u talking about june and kenny? x factor is a talent contest! leona is not an impersonator but a talented singer. leona's 1 fan.

Yeh codhead, i agree.

manilow lukd awful. SAM

20 YEARS ON FROM CHERNOBYL AND STILL

NO SUPERHEROES. SOUPA

SOUP

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Nuisance? Vic is allowed only 300 bulbs on his house





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MILLIONAIRE'S Christmas lights are dimmer this year - by

dimmer this year – by order of a judge. Vic Moszczynski was told to cut his dazzling 22,000-bulb display to just 300. The court order came after neighbours complained. But at least Vic, 50, has added a snow machine to his garden show. Thousands of people visit his home in posh Sonning-on-

■ by NEIL HYDE

Thames, Berks, each year to watch the display.
But last night a notice read:
"Sorry there are only a few lights this year but this is all I'm allowed by the court."
Last year the lights raised £55,000 for Daisy's Dream, a charity for bereaved children.
A friend said: "It's such a shame he can't go to the same extent this year."



DIM VIEW: Vic





DEAL OF THE DAY

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STARTY CHAT

All the latest telly gossip



Bert's grand shock

HEARTBROKEN Bert

HEARTBROKEN Bert
Atkinson will come face
to face with his longlost grandson after his
wife's funeral.

The cocky northerner
struggles to come to
terms with the
revelation that his
daughter is dead and he
has a grandson.
Bert's wife Evie (Marji
Campi, 59) dropped the
family bombshell on her
death bed and made him
promise to contact the
lad after she had died.

Gang

An insider said: "Bert thinks Jay is better off without him and

without him and decides not to go to the funeral."

But Pat (Pam St Clement, 64) persuades him to go. And outside the church after the service he finds himself faced with young Jay. Bert (Dave Hill, 63) is stunned and pretends to be from the hospice where his wife died. An insider said: "We've seen Bert as the lazy ex-con and now we may well see him as a caring family man."

Nosey **Norris** nicked

CORONATION ST

CORRIE busybody
Norris Cole lands in
hot water when he sets
a trap to snare the kid
who has been spraypainting the Street.
The curtain twitcher
plans a stakeout to try
and catch the hooded
graffiti artist in the
act.
Norrie where the

act.
Norris – played by
Malcolm Hebden, 66 –
is shocked to discover
the young lad is
Michelle's son Ryan

Michelle's son Ryan (Ben Thompson, 16). But when the police show up, Ryan claims he's been kidnapped – and Norris, who hasn't a shred of evidence, is the one who finds himself under arrest. An insider revealed: "It all ends badly for Norris es he gode up

"It all ends badly for Norris as he ends up getting thrown into the back of the police van and facing charges of holding a child against his will."

Gay Gray is outed by gang o



PERVY: Furtive lawyer Grayson

SUAVE solicitor Grayson Sinclair runs into trouble when he's battered by a gang as he's caught cruising for gay

The married lawyer, played by Christopher Villiers, 48, is exposed as a closet gay when he's the victim of a late-night homophobic attack. Barman Paul Lambert, who thought he was the only gay in the village, is stunned to discover the battered and bloody victim after stumbling across him in a park. An Emmerdale spokesman said: "Grayson becomes the victim of a homophobic attack while he's cruising for men. His secret is exposed when Paul

EMMERDALE

innocently stumbles across the altercation and hears some youths attacking a man. He comes to the rescue and discovers the victim is the solicitor."

Grayson gets into trouble when he heads to the park during the night in the hope of having sex with a male stranger. But his pervy plan backfires when he's

Stranger

confronted by a gang of gay-bashing thugs who give him a good hiding. Paul takes him to a nearby bar to help tend to his cuts. But Grayson hits the roof when he realises they're in a gay bar. He admits his wife Perdy (Georgia Slowe, 40) knows about his sexuality and says they have an arrangement.

And he convinces Paul (Matthew Bose, 29) not to reveal his secret.

The solicitor comes up with a story to keep Perdy in the dark about the assault. Christopher says: "Grayson tells her he was mugged for his mobile but she finds the phone and realises the truth.

"She's scared this would happen again as she's caught him out before."



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ENOUGH THE FAT Back Page

WE TRY EXERCISE REGIME FOR WELL-HEELED GIRLS



feet

Get in

work

NOW here's an exercise regime that's bound to appeal to the ladies – the stiletto workout.

Yes, finally someone has come up with a gym routine which will give us girls what we've always wanted – the ability to walk in high heels.

wanted – the ability to walk in high heels.

This season's must-have workout has come over the Pond from America, where Sex and the City types have been devoted followers for some time.

Those ultra-chic Yanks just couldn't bear to leave their Jimmy Choos at home while they went to the gym, so they devised an exercise routine which meant they didn't have to!

And now the craze, which started in the Crunch chain of gyms Stateside, has finally made it over to our shores.

We know what you're thinking, of course.

It's hard enough to totter around the dance floor in those towering heels as it is, and now we're expected to do lunges and squats in them too.

Sober

Clearly this requires some balance, as I discovered when I tried out some of the moves.

(Note: the Flashdance-inspired outfit isn't necessary but adds to the disco feel.)

Thankfully I'm well practised at strutting my stuff on the dancefloor in a pair of killer heels, and if I can do it after a few glasses of vino, it should be no problem trying it out sober. It ain't easy though and after a few stretches and shapes, I can feel muscles which have been dormant for quite some time.

Actually it's not quite as complicated as that. You are only meant to put your heels on at the end of the work-out—which is a blessed relief, I can tell you.

At Gymbox in London, where the class has just launched, sassy ladies learn a sexy dance routine in their trainers first.

It's a mixture of cardiovascular and body conditioning which is sure to both get that heart rate going and give you perfect pins.

Then you whip on your stillies and get tips on how to look good in them.

If you're not able to get to Gymbox, help is at hand in the shape of the Stiletto Workout DVD, created by

ok good in them.
If you're not able to get to Gymbox, help is at hand
the shape of the Stiletto Workout DVD, created by
these and lifestyle expert Ann Crowther and her
nighter Francisco

daughter Fran.

It's released on Boxing Day, so you can be well and truly ready for the New Year's Eve party. But if you

by KATE JACKSOM

want to get your legs in trim in time for the Christmas do at work you can just try some lunges at home.

Ann says: "A big part of the workout are lunges and squats, which are a piece of cake to do in your lounge or bedroom."

Simply stand with feet together then step your left foot out in front of you, bend your leg at 90 degrees and balance on the toes of your right foot.

Put your hands on hips and dip down, keeping your front knee directly over your foot.

Do 10, then swap to the other leg. Rest and repeat three times — and you'll have perfect pins in no time. Ann adds: "It's amazing to me just how many women will spend a lot of money on beautiful shoes and outfits and then walk out like a carthorse.

Posture

"This sort of workout is high fashion in New York, where they all get their Manolo Blahniks out at the end of a gym session.
"It's all about shaping the calves, toning the thighs and improving your posture so you'll look fantastic when you put your stilettos on.
"It will also burn fat so it's good for losing weight too."

weight too.
"I'm told my legs and bottom are my best features and I wear stilettos virtually all the time.
"You do the workout in your trainers and then at the end we give you tips on how to wear heels, walk in them and stand in them."

The Stiletto Workout is released on December 26, priced £14.99, from www.imevision.com.



BEST FOOT FORWARD: Ann Crowther can help you get your legs in trim







ALREADY being sucked into the Christmas party whirlwind? Can't see your way out until you've doubled your body weight? Panic not.

The festive season doesn't have to turn you into a boozy blob. LINDA HARRISON asks top nutritionist Dr Carrie Ruxton and fitness expert Joanna Hall to address four typical problems...



Stick to the gin

HELP! I'm drinking more than Lindsay, Paris and Britney put together. No sooner has one party finished than I'm off to the next. I can't remember the last time I had a day off the booze.

ACCORDING to nutritionist Carrie, one of the worst things for your body at this time of year is going overboard with the wine and beer. "There are so many temptations around at this time of year – and alcohol is one of the worst," she saws

alcohol is one of the worst," she says.

"Not only does it contain loads of calories and make you hungrier on the night but it make you crave fatty, sugary foods the next day.

"The best thing to do is stick to spirits such as gin or vodka, with a non-sugary mixer, or have a white wine spritzer. Your waistline will thank you for it in January. And your head will thank you tomorrow if you have a soft drink between the booze to balance things out."

If, like Ms Spears, you really can't help partying don't burn out. Keep some Milk Thisties supplements handy because they'll help your liver to repair itself.

And invest in a decent hangover cure like Hairy Lemon, £4.95 for ten. They'll pep you up in no time!



A to Zzz of sleep

l'VE had so many late nights recently, I feel like I haven't slept properly for ages. When I do finally manage to fall into bed, I usually pass out in a drunken stupor.

pass out in a drunken stupor.

IT'S important to get as much proper rest as possible at this time of year - feeling tired all the time means you're low on the sleep hormone melatonin.

Dr Carrie's top tip? Have a couple of nights a week off the sauce to give your body a rest.

"Even if you get the full eight hours, when you go to bed drunk you don't sleep properly because your liver's working overtime to try to clear the toxins out of your body." She says.

"You need at least a couple of alcohol-free days where you go to bed in a relaxed state."

Before bed, try a natural sleep-inducer like camomile tea or relax with a warm, milky drink.

Your skin will suffer if you don't get enough sleep, too.

Keep it looking in top condition with a super-rich night cream like No 7 Uplifting Night Cream, £16.50, or some morning-after miracles like Benefit's Depuffing Action Eye Gel, £19.50.

No one will ever know!

No one will ever know!

How to co

BURNING the candle at both ends? Stock up on these miracle beauty products and your boss will be none the wiser...

BARBARA DALY FOR TESCO
FACE LIFT – Just over a fiver but
works as well as posh products. It might
even be better. Use instead of moisturiser. Makes skin look so good you
don't even need foundation.
£6 from Tesco.

OLAY REGENERIST EYE-LIFTING SERUM - Eyes are the first place to



WINNERS! BRITAIN'S LOWEST PRICED SUPERMARKET AWARD FOR THE 9TH YEAR RUNNING

*Source: The Grocer 33 Pricing Survey 2005/2006 www.thegrocer.co.uk

BIG CHRISTMAS PARTY PIG-OUT



over up that after-party look

show your big night out. This is like an eye-tuck in a jar – it lifts and firms your eye area, reduces puffiness and hides your dark circles.

£19.50 from Boots and Superdrug.

BENEFIT BENETINT – The best blush in the world. Draw three stripes over your cheeks and swirl in with fingertips. It looks like a real flush and makes the whites of your eyes whiter.

£22.50 – www.benefitcosmetics.co.uk

YSL TOUCHE ECLAT – Unbeatable for hiding dark circles.

hiding dark circles. £22 – for stockists call 01444 255 700

SKII WHITENING SOURCE

INTENSIVE MASK - Pricey, but this is the mask the make-up artists use to perk up the knackered skin of fagaddled models.

addled models.

E65. Call 08000 721 771 for stockists

GUERLAIN ISSIMA MIDNIGHT

SECRET – Put it on before you crash out and you'll wake up looking like you went to bed at 8pm. With a mug of Horlicks.

E53.—munn geografi.

Horlicks. \$53 - www.escentual.com SPACE NK FREEZE 24/7 - For seriously bad days, this freeze frames your

THE RESERVE AND THE PARTY AND

face in one minute flat. Forget looking like you've had a good night's sleep. With this you'll look like you've been resting for years. But it only lasts a few hours.

265, for stockists call 0208 740 2085

£65, for stockists call 0208 740 2085
CLARINS TRUE COMFORT LIGHT
REFLECTING FOUNDATION - This
stuff is like putting on new skin. Hides
zits and redness but doesn't cake to
skin, even if booze is still coming out
your pores. And professional make-up
artists swear by it.
£20 - www.uk.clarins.com

mputer games. cost from £19.99. www.joystick-s.com or call 020



BACON SANDWICH: This yummy breakfast has been linked to

Walking miracle

Food for

I'M constantly snacking on party nibbles and picking at junk food because I'm rushing straight out after work. At this rate I'm not even going to be able to fit into Santa's trousers.

CARRIE says the best preparation for partying is... yep, you guessed it – eating properly before you get

- eating port.

there.

She says: "Too many of us go straight out from work so we're starving by the time we get to the party.

starving by the time we get to the party.

"Try having a slice of toast or some cereal before leaving the office because this will take the edge off your appetite.

"And have a couple of days break where you can really look after yourself and eat healthily.

"Get your five portions of fruit and veg a day and drink plenty of water."

water."
Can't get your hands on some tucker? Try a glass of milk instead. It's easy to keep in the office and it'll help prepare your body for those Christmas cocktails.
"Milk is an excellent source of calcium and protein," says fitness guru Joanna. "It also hydrates you and lines your stomach."

I'VE given up on the gym, I haven't been for weeks. I just can't find the time as I'm too busy Christmas shopping and keeping up with the work parties.

FITNESS expert Joanna Hall advises not to worry foo much about the gym at this time of year.

She says: "Don't worry if you can't get down the gym. You can keep the Christmas bulge at bay by incorporating exercise such as walking into your daily routine.

"But you need to walk at the right speed — don't just amble round the shops, make sure you're really working those muscles.

"To find your pace, get your trainers on and start walking. Once you get warm, keep increasing your pace every 30 seconds – swinging your arms until you're just about breaking into a jog.

"This is called your break point. You need to walk at a pace that's a bit slower than this to burn fat. A good indicator that it's working is fou're slightly out of breath. Do that for 10 minutes once or twice every day to keep fitness levels up.

"You could also try investing in a pedometer to see how many steps you're taking a day. Aim for 7,500." Check out www.joannahall.com or www.freelancedietician.org

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS •

of health experts

want to help you solve your problems.

They'll tackle anything from fear of flying to your most intimate sex worry.

Check out the

Check out the panel on the right and see how you can contact

them now.
Here they
answer the latest batch of readers' queries... DR CHRIS STEELE Health expert

One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for eight years, plus on the radio. See www.the familyGP.com FRANCES FURLONG Beauty expert

A nurse for eight years, Frances, 29, was a sister in laser retractive surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.chyskinklinic.co.uk

Sexercise of the week

GARETH EDWARDS Nutrition expert

ber of the British Association of Nutritional Therapists,
Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR Sex expert

Famed for her appear-ances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasure-professor.com HARVEY WALDEN

A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fattles fit on Celebrity Fit Club and a US version. www.harvey walden.com RON BRACEY Mind expert

Ron, 46, is a chartered clinical psychologist who has more than 20 years' experience in both the public and private sectors. www.urban psychologist.com

I GET nasty out-breaks of acne from time to time.
They have left my skin
a little uneven and, in the worst affected areas, pitted. Are there any treatments?
MATT BRIGGS,

Hounslow.

FRANCES SAYS: Firstly, a thorough

assess-ment by an ment by an experienced practitioner is essential. Antibiotics may be prescribed to help boost the effects of boost the effects of the treatments. Glycolic and TCA peels and Retin-A are all possible options. The right one for you will depend on your skin type, lifestyle, bud-get and how old the scarring is scarring is.

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN

Got to hand it to her

My wife and I have been together for five years, married for three, with a little girl of two. We used to have a fantastic sex life but since we got married it seems to have gone downhill and now it's virtually non-existent as she's either "too tireed" or "too stressed". To top it off, she's just told me I'm selfish in bed KEVIN,
Tyne & Wear.

Tyne & Wear.



Are you being selfish? Ask her how you can be more giving in bed. Make the effort by cooking a
light meal, lighting candles, have soft
music on. Conversation
should be about the
sex you used to
have. Get her to
recall it in detail.
As you see her
reliving it, anchor
this memory by a
simple squeeze of
her hand for five
seconds and do this
with four or five hot
memories. Trigger
the anchor by
squeezing her hand.
Watch her go into a
sexy passionate
state, and have sex
spontaneously there
and then. Build up
the anchor further
by squeezing her
hand for another
five seconds when
she orgasms, then
fire it at will!

SIDE BEND

HOW TO DO IT: You'll need a pair of light weights or filled water bottles. Take one in each hand. Standing upright with your feet together, arms outstretched, bend to the side from the waist. Bend as far as you can go, keeping your arms straight, hold for a couple of seconds, then return to upright. Repeat on the other side. Do 10 on each side, rest and repeat for two more sets. HOW TO DO IT: You'll

How IT WORKS: Keep these stretches up and you'll have a toned, pinched in waist in no time. You should be able to feel your abs working as you bend, and that hold will really get them going. Using weights in each hand adds to the intensity. The oblique – or side – muscles are often neglected and even sit-ups won't do much. In the bedroom you'll benefit from increased flexibility and you'll look sexier, too! HOW IT WORKS: Keep

CRA chips and ZZO Junk food is taking a toll

MY body just seems to crave junk food. Whatever good intentions I start the day off with, come lunch or dinner time all I want is a big pie with a pile of chips, a curry or a pizza. My eating habits are taking a toll on my waistline but I don't seem able to help myself. Is there anything I can do?

JACK STEIN, Motherwell.

GARETH SAYS: What are you having for breakfast?
Most of the regular choices can leave your body
yelling for junk latter in the day.
Orange juice, coffee, black tea, jam, honey, white
bread, bagels, processed cereals, with added sugar, or
bacon and sausages all feed micro-organisms that then
yell out for starchy processed "filling" junk. Drink mineral water to
quench your thirst
and avoid OJ, tea or
coffee.

coffee.

Make a muesli with

Make a muesli with a few grains, a sliced apple, pear or berries, some seeds and a spoonful of organic yoghurt. If you need a hot drink try herbal teas.

teas.

If you have a pizza, order a salad with it. If you have a curry focus on the vegetable dishes rather than the meat, and have rice rather than naan.

MY 15-year-old daughter has admit-ted taking the morning after pill. I'm worried about the long-term health risk for her: N CLARKE, South Shields.

HARVEY SAYS: You have to be kidding. If you are trying to lose weight, you have to burn more calories than you take in. Eating pasta and rice sounds like you are putting in way too get the cardio in four or five times a week and change it up every so often to hit the body with something new. Watch the heart rate to ensure you are not just going through the motions.

A STUDY from Johns Hopkins
University in Chicago has found a small
amount of dark chocolate a day can thin th
blood and cut the risk of clots in a similar
way to aspirin. But they say a
SMALL amount!

AM 5ft 6ins and in the last year have managed to go from a size 12 to a size eight, but I still think I look fat. My friends and family say I am developing a problem.

CASSIE. Headingley.

Size eight's still not great

QIAM 5ft 6fins and in the last year have managed to go from a size 12 to a size eight, but I still think I look fat. My friends and family say

The still think I look fat. My friends and family say

Other has the fudge of the still the fine of the still th others be the judge of when you look your best and listen to them.

I STARTED a diet about a month ago and I have

ISTARTED a diet about a month ago and 1 nave been doing about six miles on an exercise bike times a week. I am not losing any weight. I am ng pasta and rice and any meat I have is grilled. he bike enough for me to lose the weight? DAVID McCLEARY, Birmingham.

AN Australian study has found that eating at least three portions of leafy green vegetables – like cabbage or lettuce – a week can reduce the risk of skin cancer by 55%.



Dr CHRIS SAYS: The morning after pill (Levonelle)

(Levonelle) should be used only as emergency after-sex contraception. There can be side effects. She can get confidential advice at the Family Planning Clinic.

JSIVE: POP BABE TELLS OF LUST FOR HER HOT

POP babe Sarah Harding confesses she'd snog Christina Aguilera – if it wasn't for Starman Joe Mott. Girls Aloud's blonde cutie last night spoke for the first time about her growing "lust" for

the Hot editor.

for the first time about her growing "lust" for the Hot editor.

And she slammed the mean-minded people trying to ruin her new-found happiness by spreading false rumours about her.

Loved-up Sarah admits that she fell hook, line and sinker for our Joe – even though he once cheekily accused her of being a lesbian. Speaking exclusively to the Daily Star Sarah confirms he's the only man for her. She angrily dismisses claims she'd been partying with another fella while our Joe was on holiday.

And she describes pictures of TV presenter pal Alex Zane, 27, leaving her house early the next day as "sad" and "not what they seem".

Sarah is gutted that she'll be thousands of miles away in New York over New Year – and won't be able to see in 2007 snogging her fella.

Booked

Booked
To make matters worse, romantic Joe had even sorted out tickets to see her own idol Christina, right. Speaking at her first appearance as the new face of Ultimo at Debenhams in London's Oxford Street, Sarah says: "I am spending New Year with my girifriends in New York. "It was booked ages ago and now I'm gutted because for the first time in years I've got a boyfriend and I won't be able to kiss him at midnight.

"I knew nothing about those pictures of me and Alex Zane. If someone is sad enough to stay outside my house until 7am then they haven't got a life.

"As soon as they see someone has a bit of happiness they try to ruin it. It's really early days with Joe and it doesn't help when pictures like these are taken."

Sarah adds: "I don't need to buy him anything for Christmas. He's got me!

"I'm not as bad as people think. It would be a very dull world if everyone sat at home every night drinking tea.
"I do like to do other things as well as go out. I like to go to the gym or to an art exhibition sometimes — it's just people don't take pictures of that."

Sarah laughs when she recalls how she first crossed swords with 29-year-old pop

By NIGEL PAULEY & KATE JACKSON

writer Joe. She tells OK! magazine: "He said I must be gay because I have gay cats, hang out with dodgy men and never have a proper boyfriend! J just laughed."

But, just for Joe's benefit, she claims if she was to enjoy a lezza snog she'd enjoy tickling pop sleaze queen La Aquilera's tonsils.

She says: "She's a feisty momma! She's like me. She's very open and can appreciate the female body. She's at ease with her sexuality and I'm comfortable with mine."

Sarah had known Joe for years, but finally made the first move during a tipsy night out. She adds: "I certainly don't regret it now. But the fact there was a chemistry between us and that we knew each other for a while was why it happened. That's why I'm really comfortable with Joe.

"It's early days and I want to see how things pan out. I don't want to jinx myself by saying too much.
"Before Joe I'd rush into a relationship and think: 'I want to marry this person'.

Rocky

"But to marry this person".

Rocky

"But now I'm comfortable. I'm enjoying not jumping the gun. I'l see where it goes. I'm in no hurry to get married."

Sarah's caution is understandable because of a rocky track record with men. She's been linked with Love Island's Calum Best, 25. T4 host Steve Jones, 30, and Mikey Green, 25, of Phixx.

However, things are looking up now the 25-year-old beauty's seeing Joe. But she claims she's not totally smitten—just yet. She adds: "Love? I think you mean lust. When you're first going out with someone, it's not love straight away. Love is something that grows."

Sarah confirms what we'd suspected—she likes fellas for their brains, not their looks. She explains: "You can go out with the best-looking person on the planet and there could be nothing in their head."

Sarah has a reputation as a full-blown party girl, but proving she's perfect as the new face of Ultimo, she dismisses comparisons to Hollywood star Lindsay Lohan, 20.

"No way! Don't compare me to Lindsay. I'm nothing like her. For a start I wear knickers!"

The Star Says: Page 6

don't need to buy him a present, he's got mel



HOT BOD: Sarah at Ultimo yesterday and, above, with Starman Joe

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Picture: EMPICS

BBC One

6.00 Breakfast (W) (S) 16349631 9.15 Don't Get Done, Get Dom (W) (S) 1152273 10.00 Homes Under The Hammer (R) (W) (S) Followed by BBC News, (W) (S) Weather, 73780 (W) (S) Weather. 73780 11.00 To Buy Or Not To Buy Viction Dighy (W) (S) 3612

(W) (S) Weather, 73780
11.30 To Buy Or Not To Buy
With Kristian Digby (W) (S) 3612
11.30 My Life For Sale (S) Followed
by BBC News, (S) Weather, 1749490
12.15 Bargain Hunt (W) (S) 1772525
1.00 BBC News, (W) (S) 60382001
1.30 Local News, (W) (S) 60382001
1.40 Neighbours Ned discovers
Loris' identity, (AD) (W) (S) 90087902
2.05 Doctors (W) (S) 69015761
2.35 Murder, She Wrote The
prospective owner of a radio station
is killed (R,S) 22771254
3.20 BBC News, Weather; Local
News (W) (S) 8605525
3.25 CBBC: Jakersl (R) (W) (S)
4857902 3.50 Watch My Chops (R)
(W) (S) 3593032 4.05 SMart (R)
(W) (S) 3593032 4.05 SMart (R)
(W) (S) 3593032 4.05 SMart (R)
5.05 Blue Peter (W) (S) 1287964
5.00 Blue Peter (W) (S) 1287964
5.25 Newsround (W) (S) 5713767
5.35 Neighbours Lyn disposes of
Paul's gun, (AD) (R) (W) (S) 743728
6.00 BBC News, (S) Weather 457
6.30 Local News Programmes,
(W) (S) Weather 709

BBC Two

7.00 CBBC: Batfink (R) (SL) (W) (S) 3218490 7.15 WITCH (R) (SL) (W) (S) 4014902 7.40 Fergus McPhall (W) (S) 7058612 8.05 Serious Arctic (R) (W) (S) 7928457 8.30 CBeebies: The Koala Brothers (R) (W) (S) 7321896 8.40 Underground Ernie (R) (W) (S) 2438341 8.55 Brum (R) (W) (S) 2438341 9.05 Balamory (AD) (R) (W) (S) 5246693 9.05 Doodle Do (R) (W) (S) 2662709 9.50 Step Inside (R) (W) (S) 2662709 9.50 Step Inside (R) (W) (S) 4086051 10.00 Barnaby Bear (AD) (R) (W) (S) 7957273 10.30 Around The World In 80 Treasures (R) (W) (S) 66728 s) *7928457* la Brothers

10.30 Around The World In 80 Treasures (R) (W) (S) 68728 11.30 The Daily Politics Andrew Neil presents (W) (S) 57591438 1.45 Working Lunch (S) 987544 2.15 Sun, Sea And Bargain Spotting From the French town of Reims (R) (W) (S) 397167 3.15 Castle In The Country John Craven visits Kilmartin. (S) 975709 3.45 Flog It! (W) (S) 4149254 4.30 Ready, Steady, Cook With James Martin. (W) (S) 7167964 5.15 Weakest Link Fast-paced quiz show. (W) (S) 1667815

show. (W) (S) 1667815 6.00 Nature's Calendar Chris Packham presents. (W) (S) 159

6.30 Strictly Come Dancing – It
Takes Two (W) (S) 821

Channel 4

Inuk (B) 2169322 6.10

Inuk (R) 2169322 The Hoobs (AD) (R,S) 5738780 The Hoobs (AD) (R,S) 9234877 Freshly Squeezed 4093419 Friends (AD) (R,S) 4096506 Everybody Loves Raymond merican comedy. (R,S) 7168709 Will & Grace (R,S) 7918070 Exercise (R,S) 7918070

Frasier (R,S) 7625896 Frasier (R,S) 5245506

9.20 9.50 ER (R,S) 8548525 10.40 ER (R,S) 6627457

11.30 King Of The Hill An insurance

11.30 King Of The Hill An insurance representative visits the house. With the voice of Mike Judge. (R,S) 7051
12.00 News At Noon (S) 75709
12.30 Headland (S) 8223457
1.20 Supporting Acts The world of prosthetics. (R,S) 73781902
1.40 Third Watch Lester's daughter is found close to death. (R,S) 2811099
2.35 Third Watch The Yokas family head off in different directions. Kate head off in different directions. Kate Jackson stars. (R,S) *5502983* **3.30 Countdown** With Wendi Peters

Des Lynam presents. (S) 3930438
4.15 Deal Or No Deal Cash-based

4.15 Déal Or No Deal Cash-based competition. (S) 7312273
5.00 The New Paul O'Grady
5.00 With Girls Aloud, Des Lynam and Carol Vorderman. (S) 8322
6.00 The Simpsons Marge starts her own business. (R,S) 167
6.30 Hollyoaks Max tells his stunned wife their marriage is over. (S) 419

Five

6.00 Milkshake! Elmo's World
(R.S) 30912612 6.15 Rolie Polie Olie
(R.S) 44969051 6.40 MechaNick
(R.S) 94021544 6.50 Hi-5 (R) (SL)
(S) 403311677.20 Franny's Feet
(R.S) 1817148 7.35 Rupert Bear
(R.S) 9822525 7.45 Make Way For
Noddy (R.S) 9802761 8.00 Fifi And
The Flowerlots (R.S) 5596506 8.15
Peppa Pig (R.S) 9142235 8.20
Funky Valley (R,S) 8511457 8.30
Thomas & Friends (S) 5475070 8.45
Old Bear Stories (R,S) 5475025
9.00 The Wright Stuff (S) 2555070
10.30 Trisha Goddard With Louise
Van de Velte. (S) 6279186

Van de Velte. (S) 6279186

van de veite. (S) 6279186 11.30 five news (S) 2320877 12.00 Home And Away Tasha is confronted by Mumma Rose. (AD) (R) (SL) (S) 3791877 12.30 BrainTeaser 22588099 1.35 FILM: White Lie 1991 (PG) Griffy drama starring francov Lince

Gritty drama, starring Gregory Hines Annette O'Toole. (S) 23790506 3.40 FILM: Columbo: Last Salute

To The Commodore 1976 (12) To The Commodore 19/6 (12)
The shrewd cop investigates a murder which appears to be an open-and-shut case. Crime drama, starring Peter Falk. (S) 1884186
5.30 five news (S) 9693099
6.00 Home And Away Belle is rushed to hospital. (A) (S) 968361

rushed to hospital. (AD) (S) 9683612 6.30 In The Grid Gameshow. Followed by Weather. 9674964

5.30 ITV News (S) 54964
6.00 GMTV (W) (S) 8254996
9.25 The Jeremy Kyle Show
Talk show in which host Jeremy
Kyle invites guests to air their
differences. (W) (S) 4387186
10.30 This Morning (W) (S) 81051
12.30 Vanessa's Real Lives
Vanessa Feltz meels people with
amazing true stories, including a man
who has six children by five different
mums, and a woman who describes
her bizare phobia. (W) (S) 57070
1.30 ITV News (S) 91235
2.00 The Price Is Riight Joe
Pasquale hosts an updated version

2.00 The Price is Right Joe
Pasquale hosts an updated version
of the gameshow. (W) (S) 7693
2.30 Dickinson's Real Deal
A Nottingham resident takes her
collection of ceramics to Rob
Bingham's table, but turns down his
initial offer of £160. (W) (S) 34983
3.28 Local Weather (S) 8699964
3.30 CITV: Jim Jam & Sunny
(W) (S) 3517612 3.40 Planet Sketch
(S) 4251235 3.50 Tricky Quickies
(R) (W) (S) 4257419 4.00 Horrid
Henry (W) (S) 4923051 4.15 Bel's
Boys (AD) (W) (S) 4946902 4.30
Uncle Dad (W) 772
5.00 The Price Is Right Double bill.

Comedian Joe Pasquale hosts the classic gameshow. (W) (S) 3380
6.00 Local News, (S) Weather 525
6.30 ITV News, (S) Weather 877



РМ

REAL STORY WITH FIONA BRUCE: The presenter looks at house prices and inheritance tax, 7.30pm

7.00 Open All Hours Arkwright's day turns into a nightmare. Comedy, starring Ronnie Barker and Lynda Baron. (R,S) *6341*

7.30 Real Story With Fiona **Bruce** The presenter looks at how property prices will affect inheritance tax. (W) (S) 693

8.00 Traffic Cops Hampshire's traffic cops deal with incidents occurring between midnight and sunrise. (W) (S) 2761
8.30 DIY SOS Nick Knowles and

the team renovate a room for Lincolnshire couple Maaike Zaan and John Heather, (W) (S) 1896

9.00 The Brain Hospital When conventional drugs fail to control a young nanny's repeated epileptic seizures. Dr Nick Hirsh opts for an experimental course of treatment. (W) (S) 8273

10.00 BBC News (W) (S) 83728

10.30 Local News, (W) (S) Weather 993506
10.35 The National Lottery
Draws (W) (S) 343047
10.40 One Life The story of a transsexual who wants to change back. (R) (W) (S) 364815

11.20 The Richard Dimbleby **Lecture** By General Mike Jackson. (W) (S) Followed by National Lottery Update. *839849*

12.05 FILM: One Way Out 2002 (15) (S) Followed by Weatherview. 941587 1.50 Sign Zone: Planet Earth (AD) (R) (SL) (W) (S) 5268484 2.50 A Child Against All Odds (R) (SL) (W) (S) 5849736 3.50 Digging Deep (AD) (R) (SL) (W) (S) 29949991 4.20 Super Vets (R) (SL) (W) (S) 2798916 4.50. (R) (SL) (W) (S) 92798216 **4.50**-**6.00** BBC News 24 (S) 8519465



TORCHWOOD: John Barrowman plays captain Jack Harkness 9pm

7.00 Coast The changing landscape of the coast from the mouth of the Tyne to the Humber Bridge, where the team examine the 200-year struggle to design an unsinkable lifeboat (AD) (R) (W) (S) 9371

8.00 Nigella's Christmas **Kitchen** New series. A last-minute Christmas cake. (W) (S) 3631

8.30 Oz And James's Big Wine Adventure Oz Clarke takes James May to the Rhone Valley. (AD) (W) (S) 9438

9.00 Torchwood The team are 9.00 Torchwood The team a linked to a spate of murders around the city. Sci-fi thriller, starring John Barrowman. (AD) (W) (S) 149167
9.50 Two Pints Of Lager

And A Packet Of Crisps
The conflicts between the group
conspire to ruin Janet and Jonny's
parties. (AD) (R) (W) (S) 946815

10.20 Look Around You (R) (W) (S) 770542 10.30 Newsnight Jeremy Paxman presents a round-up of the day's events. (W) (S) 373438

11.20 This Life Miles' wedding day arrives, and sees the groom having second thoughts, Milly facing a crisis over her illicit affair and Anna struggling to stay sober. Last in series. (R) (W) (S) 134231

12.05 BBC News 24 The world news. (S) 852129 2.00 BBC Learning Zone: Schools: Further Education: Skills For Life In Context (S) 44129 **4.00** Science Zone: A look at the role of science in the world from plants and animals to the earth and the universe. (S) 79736



DOMESTIC DISTURBANCE: John Travolta stars in the thriller

7.00 Channel 4 News Including sport and weather. (S) *785341*

7.55 3 Minute Wonder: Viva Life On Mars A modern Western, (S) 876090

8.00 10 Years Younger: Christmas Special The team give 37-year-old Jackie Robinson a makeover and hope to put an end to her strange beauty regime of washing her hands in bleach and using household cleaner on her teeth. (S) 8419

9.00 The Secret Millionaire Self-made millionaire John Elliot goes undercover in Kensington, Liverpool, to live on the equivalent of state benefit and try to find a worthy recipient of some of his fortune. (S) 1983

10.00 FILM: Domestic Disturbance 2001 (12) A divorced father becomes convinced there's something fishy about his ex-wife's new man. His suspicions are confirmed when his troubled son relates a terrifying tale of murder, prompting the determined dad to resolve to uncover the truth - at any cost. Thriller, starring John Travolta and Ruben Santiago-Hudson. (W) (S) 653877

11.40 Robbie Williams Shorts The results of the singer's challenge to seven new film-makers to create short films based on his latest tracks. (S) 491728

12.30 Hollyoaks: In The City (S) 36587 1.30 The Killing Of JonBenet: An Evil Twist (R.S) 97939 2.30 World Cup Skiing 860200 4.20 Goalissimo 2187303 5.15-6.00 Countdown (R,S) 6899668



GAME RANGER DIARIES: Richard Moller hopes to tag a black rhino,

7.00 five news (S) 1907544 7.15 Game Ranger Diaries Richard Moller and his team stalk black rhino so they can get close enough to dart them with an anaesthetic and tag them. (S) Followed by five news update. (S) 5713099

8.00 Asbo Teen To Beauty **Queen** The girls prepare a dance and a speech ahead of a pageant in Manchester. Three of the contestants will be eliminated on the strength of their performances. (S) Followed by five news at 9, 3677902

9.00 FILM: Derailed 2002 (15) Secret agent Jean-Claude Van Damme has his birthday celebrations interrupted when he's forced to team up with a sultry cat burglar and leap into action to stop a villain stealing a deadly virus on a high-speed train. However, matters become more complicated when the hero discovers his family are also on board, for a surprise party. Action adventure, co-starring Laura Elena Harring. (S) 72636032

10.45 FILM: Kickboxer 1989 (18) Jean-Claude Van Damme plays a man training to become the ultimate kickboxer, determined to exact revenge on the brutal champion who paralysed his brother during a martial arts contest. Martial arts drama, also starring Dennis Alexio and Haskell V Anderson. (S) 15966544

12.35 PartyPoker Aussie Millions 2226858 1.30 NHL Ice Hockey 7185216 4.00 Ironman Triathlon (R) 2102533 4.50 A1 Grand Prix (R) 9435620 5.40-6.00 Motorsport Mundial 26005945



ACTUALLY: Hugh Grant plays the PM in the romantic

7.00 Emmerdale Laurel tells Emily a secret and Kelly signs Paul up to a dating website (W) (S) 8709 7.30 Coronation Street

Norris thinks he has caught the graffiti artist in the act. (AD) (W) (S) 761

8.00 The Bill Jack puts pressure on Zain to get a result in his undercover operation but a sting to trap drug dealers Jose Alvarez and Kristen Shaw is halted by the Serious Organised Crime Agency. (AD) (W) (S) 7157

9.00 FILM: Love Actually 2003 (15) Premiere. Romantic comedy following several loosely interlinked characters as they fall in love. While the British prime minister is drawn to a lowly assistant at 10 Downing Street, a heartbroken writer heads for France to get over his relationship. Hugh Grant and Emma Thompson star. (AD) (S) 9273

10.30 ITV News Including Local News and Weather. (S) 87544

11.00 FILM: Love Actually 2003 (15) Concluded. (AD) (S) *224506*

12.10 The Mint Interactive 2.10 The Mint Interactive gameshow in which celebrities drop in to chat and play along. (W) 75/13899/14.05 The Jeremy Kyle Show: Talk show in which host Jeremy Kyle invites guests to air their differences in front of a studio audience. (R) (SL) (W) (S) 6881216 5.00-5.30 ITV Nightscreen 32194

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

TV GUIDE -

9.25 Coronation Street Charlie thinks he's figured out Tracy's plans for revenge. (R) (W) (S) 5214815 9.50 Emmerdale (R) (S) 663693 10.20 Montel Williams (R) 9602070

10.20 Montel Williams (R) 9602070 11.05 Judge Judy (R) (S) 9470235 12.30 Coronation Street Jamie struggles with questions about Danny (AD) (R) (W) (S) 94235 1.00 Emmerdale (R) (W) (S) 64070 1.30 Jeremy Kyle (R) 6613438 3.40 Ricki Lake (R) 2112877 4.30 Sally Jessy Raphael

3.40 Ricki Lake (R) 2112877
4.30 Sally Jessy Raphael
US topical chat show. (R) 7060506
5.15 Airline (R) (W) (S) 844490
5.45 Judge Judy (R) (S) 1864167
7.00 The New Adventures Of
Superman Daily Planet offices are
taken over by terrorists. Teri Hatcher
and Dean Cain star. (R) 34902
800 Navay 211 The opports tackle

and Dean Cain star. (H) 34902
8.00 Nanny 911 The experts tackle
a pair of American police officers
who spend their days dealing with
trouble-makers on the streets of New
York – but find keeping order at
home much harder. (W) 10322
9.00 Driving Mum And Dad Mad
Clair Helsew vielts one of the

Claire Halsey visits one of the families at home. (R) (W) (S) 30186 10.00 FILM: Daylight 1996 (12)

10.00 FILM: Daylight 1996 (12)
Disaster movie starring Sylvester
Stallone as a former emergency
worker leading a group of survivors
to safety from the collapsed New
Jersey Tunnel. (W) (S) 87841896
12.15 Coronation Street (AD) (R)
(W) (S) 871552 12.45 FILM:

(w), (s) 871552 **12.45 FILM:** American Pie: The Wedding 2003 (15) Comedy sequel, starring Jason Biggs. (W) (s) 185129 **2.35** Playdate: ITV Play (W) 3772465 **4.00** Playalong: ITV Play 73649

ITV3

5.20 ITV3 Nightscreen 6634457 6.00 Survival (R) 2814099 6.50 Film File 70224896 7.00 Peak Practice (R) 6088728 8.00 Ironside (R) 6088457 9.00 Rockford Files (R) 239815

10.05 Faith In The Future Lynda Bellingham stars. (R) 5058438 10.35 Faith In The Future Faith 94781273

agonises over an invite. (R) 947.

11.05 Rumpole Of The Bailey Courtroom drama. (R) 5987693 12.15 Agatha Christie's Poirot

Detective drama. (R) 2611964

1.20 Agatha Christie's Poirot

1.20 Agatha Christie's Poirot
Detective drama. (R) 7130148
2.30 Ironside (R) 4452235
3.30 No Job For A Lady Jean buys
drugs to make a point. (R) 6359877
4.00 Rockford Files (R) 1364032
5.05 Peak Practice (R) 4201612
6.15 No Job For A Lady Jean buys
drugs to make a point. (R) 9326902
6.45 Rumpole Of The Balley
Courtroom drama. (R) 6706186
7.50 Bramwell A terminally ill patient
makes what appears to be a miracle
recovery, forcing Dr Marsham to
question some of his most deeply
held convictions. (R) 1215490
9.00 Heat Of The Sun A wealthy
murder suspect is burnt to death.

9.00 Heat of The Sun A wealth murder suspect is burnt to death. Last in series. (R) 24729490 11.10 Cracker (R) 4430457 12.15 The Bill (R) 6792842 1.20 Chancer (R) 5006674 2.20 Peak Practice (R) 1834484 3.15 Teleshopping 5565200

ITV4

6.00 Miami Vice Part two. A mobster is looking for blood. (R) (S) 77942902
7.00 The Saint A former monarch enlists Templar's help. (R) 50631457
8.00 Police, Camera, Action!

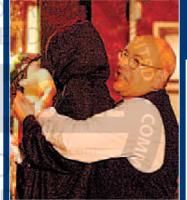
Two officers come under attack (R) (S) 85931490

LAPD: Life On The Beat Hard-edged documentary following officers going about their daily duties. (R) 85950525

9.00 American Gothic Lucas

angers a radio host. Drama, starring Gary Cole. (R) 50620341 10.00 Vincent A concerned wife

3.00 Vincent A concerned wife enlists Vincent's help when she suspects her husband is being paid to take the rap for a murder.
(R) (W) (S) 86321051
1.30 World Poker Tour 78493235
20 Police, Camera, Action! (R) (S) 33449465 2.50 The Inside (R) 690171973 4.00 Telesponing 99917197 **3.40** Teleshopping 39442007 **5.40** Nightscreen 4136324



CORONATION STREET: ITV1, 7.30pm

WHAT'S HOT TO WATCH TODAY

WHATEVER'S currently going on in the polluted mind of CORONATION STREET'S Tracy Barlow, she's doing a fine job of winding up her scumbag boyfriend Charlie.

As I think we've all twigged by now, Tracy has ultimately got something darker and way more sinister in mind for the cocky, cheating toerag (although in terms of her actual long-term strategy and specifics, she's clearly still making it up as she goes along), so tonight (ITV1, 7.30pm) she's happy to give him the impression she's stopped playing her crazy, warped little games.

Perhaps it's just as well, as

Charlie quits humouring her and warns ominously: "Don't push

warns ominously: "Don't push me, Trace."
Charlie's sidekick Jason, meanwhile, has given up trying to make the slightest sense of all this. "What do you call it when you go out with a mental case?"
he asks his boss. "Oh, yeah – a "frosty relationship!"
Meanwhile, Norris's one-man vigilante squad looks as if it's finally apprehended its Public Enemy No.1, in the shape of the phantom graffiti artist that's been daubing the front of the Kabin. "This is a citizen's arrest," he declares, as he leaps out and grabs the culprit.

ALSO on ITV1 tonight there's a bit of a let-down for Dan and Will in THE BILL (ITV1, 8pm),

Will in THE BILL (ITV1, 8pm), after they dash to a scene where they've been told a naked woman is tied to a tree.

AND over on BBC1, there's the final part of THE BRAIN HOSPITAL (9pm), this time focusing on the case of a woman undergoing experimental treatment for epilepsy. Kate Weston's repeated seizures have come perilously close to claiming her life and the doctor's final hope is a radical new technique whilch effectively means switching off the electrical activity in her brain.

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

*****Don't miss it ****Good *** **Time filler *Garbage!

WHITE LIE (TVM, 1991) *** Five 1.353.40pm. Drama. Black New York politician
Gregory Hines learns the harsh facts about
racial prejudice when he travels back to his
home town after he learns that his father was
lynched in the South 30 years previously. Also
starring Annette O'Toole and Tim Black.

COLUMBO: LAST SALUTE TO THE
COMMODORE (TVM, 1976) *** Five
3.40-5.30pm. Mystery movie. Dishevelled
detective Peter Falk has to think again when
the prime suspect in the death of a yachtbuilding empire is found murdered.

Love ACTUALLY (2003) **** ITV 9.00pm-12.10am. (inc. news) Romantic comedy. The experiences of a variety of characters, including the British Prime Minister, played by Hugh Grant, as they fall in love. Also starring Alan Rickman Emma Thompson, Colin Firth, Bill Nighy and Liam Neeson.

DERAILED (2002) *** Five 9.0010.45pm. Action thriller. Secret agent
Jean-Claude Van Damme's birthday takes a
dangerous turn when he teams up with a cat
burglar to prevent a villain from stealing a
deadly virus on a high-speed train. Also
starring Laura Elena Harring, Tomas Arana and
Kristopher Van Varenberg.

DOMESTIC DISTURBANCE (2001) ***
C4 10.00-11.40pm. Thriller. Divorced father John Travolla has to turn detective when his fears that his former wife's new husband is not all he seems are confirmed after his troubled son tells him a stark story of murder. Also starring Vince Vaughan, Teri Polo and James Lashlev and James Lashley

And James Lashley.

KICKBOXER (1989) *** Five 10.45 pm12.35am. Action-adventure. Jean-Claude
Van Damme who is training to be an ace
kickboxer turns nasty when he sets out to
wreak violent vengeance on the brutal
champion who paralysed his brother in a
martial arts contest. Also starring Dennis
Alexio and Haskell V Anderson.

ONE WAY OUT (2002) *** BBC1 12.05-1.50am. Thriller. Washed up homicide detective James Belushi is blackmailed into taking part in a murder but things go pear-shaped after he is assigned to investigate the same case. With Angela Featherstone.

REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30 Local News 60382001 3.20 BBC News, Weather; Local News 8605525 6.30 Local News 709 7.00 Iolo's Welsh Safari 6341 7.30 Coming Home 693 10.30 Local News; Weather 993506

BBC2 Variations WALES: 11.30 Am.pm 2983 12.00 The Daily

Local News, Weather 993506
BBC2 Variations WALES: 11.30 Am, pm 2983 12.00 The Daily Politics 396693
TIV1 Variations ITV1 ANGLIA: 3.28 Anglia Weather 8699964
6.00 Local News 525 ITV1 CENTRAL: 3.28 Local Weather 8699964
6.00 Local News 525 ITV1 MERIDIAN: 3.28 Mendian Weather 8699964
6.00 Local News 525 ITV1 MERIDIAN: 3.28 Mendian Weather 86996964
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television

...ON LAST NIGHT'S T

furnished with precisely none of the information I needed, I decided to go. Just as I walked down the drive, he called me back. "It's got dry rot," he announced proudly, "I beautiful the state of the contribution of the state of the contribution of the contribution

Also not featuring, we hope, will be the surgeons, the airline pilots and the undercover intelligence operatives.

It was bad enough listening to a selection

of hairdressers, who within half-an-hour's worth of gossipy anecdotage, probably did more damage to their profession than a plague of lice

plague of lice.

Horrifying

"Most hairdressers can do one haircut," confided larger-than-life hairdresser-turned-comedian Ricky Grover. "Mine was a Lady Di. That's what they got – men, women, children." Having long suspected that every barber in London learnt his craft shaving the heads of recruits in the Turkish Army,

this was not a great surprise to me. Far more horrifying was the tale of the hairdresser who, having given a lady a wonky haircut, told her that it just looked like that because her neck was crooked.

This was quite funny, but rather like an evening in your local wine bar with a crowd of boozed-up beauticians, the stories became progressively less amusing as time went on. Grimmest of all was the man who claimed that some of his more upmarket clients snubbed him because of his Cockney accent. His revenge involved urinating on a lady's

His revenge involved urinating on a lady's hair – a tale which led us to suspect that the clients may have had a bit of a point. This show, meanwhile, doesn't have one at all – but that probably won't stop us watching it.

SKY ONE

6.00am Taste 7.00 Pok Advanced Challenge 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30

Malcolm In The Middle 9.00 Angel 10.00 Law & Order 11.00 Cold Case Noon Buffy 1.00 Angel 2.00 Cold Case 3.00 Buffy 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm In The Middle 6.30 Malcolm In The

The Middle 6.30 Malcolm In The Middle 7.00 The Simpsons 7.30 The Simpsons 7.30 The Simpsons 8.00 Stargate SG-1 9.00 Stargate Atlantis 10.00 Lost 11.00 Law & Order Midnight Popcorn 12.30 Stargate 1.30 Mile High 2.25 Football Vears 3.20 Britains 1.44 Fardest 4.15 Taste 5.10 Dream Team

7.00pm House Of Tiny Tearaways 8.00 The Real Hustle 8.30 The Real

Hustle 9.00 The Add Hustle 8.30 The Heal Hustle 9.00 The 34 Stone Teenager 10.00 F*** Off, I'm Fat 11.00 Pulling 11.30 Two Pints Of Lager And A Packet Of Crisps Midnight Two Pints Of Lager And A Packet Of Crisps 12.30 Ideal 1.00 The Indestructibles 12.30 Ideal 1.00 The Indestructibles

1.30 Electric Proms: Kasabian 2.15

Two Pints Of Lager And A Packet Of Crisps 2.45 Two Pints Of Lager...
3.15 The Indestructibles 3.45 Grime

7.00pm How To Be Science Fiction 8.00 The World 8.30 Valley Of Song

9.00 Return To Lonesome Dove 10.30 Don't Watch That, Watch This! 11.00 How To Be Science Fiction

12.00midnight The Cinema Show 1.00 Don't Watch That, Watch This!

1.30 Valley Of Song 2.00 How To Be Science Fiction 3.00 Don't Watch That, Watch This! 3.30 Valley Of Song

6.00am Music: Uninterrupted 7.30

Wake Up With Scissor Sisters 8.30 Whatever You Want 11.00 Nothing

But Siblings Noon E4 Music Uninterrupted 1.00 Freshly Squeezed Extra 2.00 Scrubs 3.00 Young, Sexy And Rich 4.00 Switched 4.30

Scene Investigation

F4

BBC FOUR

BBC THREE

FILMS

SKY MOVIES 1

6.50am Project: ALF (1996) (PG) Cornedy, with Miguel Ferrer. 86658780 8.25 A Very Married Christmas (2004) (PG) Seasonal fantasy, starring Joe Mantegna. 97363167 10.00 Ice Bound (2003) (PG) Drama,

starring Susan Sarandon. 48099 11.30 Victim Of Love (1993) (PG) act-based drama, with Dwight So 6207902

1.10pm A Very Married Christmas (2004) (PG) Seasonal fantasy, starring

(2004) (PG) Seasonal fantasy, sta Joe Mantegna. 19213235 2.45 Speed 2: Cruise Control (1997) (PG) Adventure secural displayed and statement of the secural displayed and security dis equel, starring

4.55 Ice Bound (2003) (PG) Drama, 6.25 Victim Of Love (1993) (PG)
Fact-based drama, with Dwight Schultz

8.00 AVP: Alien Vs Predator (2004) (15) Sci-fi thriller, starring Sanaa Lathan.

83254
10.00 Speed 2: Cruise Control
(1997) (PG) Adventure sequel, starring
Sandra Bullock, 63366815

12.10am The Ladykillers (2004) (15) Comedy, with Tom Hanks. 791115 2.10 Ice (1998) (12) Thriller, starring Grant Show. 317533

Grant Show. 31/533
3.55 Darkman II: The Return Of Durant (1994) (18) Horror sequel, starring Larry Drake. 440216

Raddiffe Show. 12.00 Janice Long. 3.00-6.00 Pete Mitchell.
Radio 5 Live (MW: 909, 693 kHz) 5.00 Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Matthev Bannister. 11.55 Prime Minister's Questions. 12.30 News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Five Live Sport: Commentary and reports on tonight's matches in the Champions League and Premiership, including the key game between Arsenal and FC Porto. 10.00 6-0-6. 11.00 Anita Anand. 1.00-5.00 Up All Night.

RADIO

5.30-6.00 Sky Movies News The

(U) Animation. 364065 12.45pm Nurses On The Line: The Crash Of Flight 7 (1993) (PG)

Drama, 529402/3
2.30 Jackie, Ethel And Joan: The Women Of Camelot 54490
4.00 Camp Nowhere (1994) (PG) Family comedy, with Christopher Lloyd.

5.45 UK Top 10 365099 6.00 The Polar Express (2004) (U)

Thriller, starring Keanu Reeves. 545419 1.15am Tupac: Resurrection (2004) (15) Documentary. 796804 3.10 Grosse Pointe Blank (1997) (15) Comedy. 811674

Drama. 95339815 8.25 The Mark Of Zorro (1940) (U) Adventure. 98552815 10.10 Clambake (1967) (U) Drama.

/549/2/3 **12.00noon On The Beach (1959)**

Drama. 7405983 **4.20 The Mark Of Zorro (1940) (U)**

with Elvis Presley. 75943273
8.00 House Of Flying Daggers
(2004) (15) Martial arts adventure,

starring Zhang Ziyi. 6579761 **10.00 Ong-Bak (2005) (18)** Martial

Day (1995) (15) Thriller. 8375303 1.45 Irma La Douce (1963) (15) Comedy. 45151587

4.15 6.00 Young Mr Lincoln (1939) (U) Drama. 5118571

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SPORT

SKY SPORTS 1

Radio 1 (FM: 97.6-99.8 MHz) 7.00
Chris Moyles. 10.00 Jo Whiley. 12.45
Newsbeat. 1.00 Edith Bowman. 4.00 JK
And Joel. 7.00 Zane Lowe. 9.00 Jo
Whiley's In Live Music We Trust. 10.00
Colin Murray. 12.00 Huw Stephens. 2.00
Gilles Peterson. 4.00-7.00 Nihal.
Radio 2 (FM: 88-90.2 MHz) 6.00 Sarah
Kennedy: The Dawn Patrol. 7.30 Wake
Up To Wogan. 9.30 Ken Bruce. 12.00
Jeremy Vine. 2.00 Steve Wright In The
Afternoon. 5.00 Chris Evans. 7.00 Nick
Barraclough. 8.00 Mike Harding. 9.00
Soul Solutions. 10.00 You Send Me
The Sam Cooke Story. 10.30 The Mark
Raddliff Show. 12.00 Janice Long.
3.00-6.00 Pete Mitchell. **6.00am** World Pool League 96849 **7.00** WWE: Heat 22438 **8.00** Football Special 57761 **9.30** Football Asia 85269 **10.00** 57761 9.30 Football Asia 85269 10.00
Aerobics Oz Stille 41631 10.30 Poker Million
70983 12.30pm Football Special 92070 2.00
Poker Million 13419 4.00 Football Special
17983 5.30 World Of Golf 24032
6.30 European Tour Weekly 3167
7.00 Soccer Special News and results
from tonight's matches. 645254 10.00
Football Special Newcastle United v
Micropart Most Ham Linited v
Micropart Micropart Most Ham Linited v
Micropart Mic Reading and West Ham United v Wigan Athletic. 51815 **11.30 Transworld Sport** Action and features from around the globe 12186 **12.30am** J League Weekly 14113 **1.00** Poker Million 72769 **3.00** Football Special 43295

SKY SPORTS 2

6,00am Aerobics Oz Style 3418693 6,30 Shift Adventure Snowriders 9048631 7,00 Aerobics Oz Style 3468148 7,30 Shift Adventure Snowriders 3470983 8,00 Sports Unlimited 3944032 9,00 Shift Adventure Snowriders 618186 9,30 Sou Spowriders 661818 **9.30** 360 Surfing 2229525 **10.00** World Pool League 3476167 **11.00** International Bowls 760254 **1.00pm** The Dogs 3467419 **1.30** Champions League 222612 **2.00** Champions League 5126506 **2.30** Champions League 6782186 **3.00** Champions League 533841 **3.30** Champions League 6773438 4.30 UEFA Champio League 6762322 5.00 UEFA Champio League 5140186 5.30 J League Week 6786902 6.00 Live UEFA Champions

The latest news from across the globe. 3477896 **12.00midnight** European Tour Weekly 3318649 **12.30** Watersports World 2952552 **1.30** Transworld Sport 1028552

RAW SPORTS 3

10.00am Show Jumping 57456631 11.00

Racing News 44685051 11.30 Aerobics Oz
Style 44688780 12.00noon Sports Unlimited
4751506 1.00 World Pool League 64760254
2.00 Shift Adventure Snowriders 15555964
2.30 360 Surfing 78052186 3.00 Sports
Unlimited 44697896 4.00 Show Jumping
44698931 5.00 WWE: Bottom Line
15558051 6.00 WWE: Bottom Line
15558051 6.00 WWE: Afterburn 64740490
7.00 World Of Golf The latest news from
across the globe. 14162499 8.00 Ten Pin
Bowling The 2006 Weber Cup. 14188438
9.00 European Tour Weekly The latest
news from the golf circuit. 44605815
9.30 Extreme Championship Wrestling
Action from the December To Dismember

Action from the December To Dismember event. 22390099 **12.30am** FEI Equestrian World 95021858 **1.00** Show Jumping 20932026 **2.00** Yachting 72965007 **2.30** Ten Pin Bowling 27760197

And Rich 4.00 Switched 4.30 Hollyoaks 5.00 Friends 6.00 Scrubs 7.00 Hollyoaks 7.30 Switched 8.00 Friends 9.00 Desperate Housewives 10.00 Desperate Housewives 10.00 Desperate Housewives 11.00 Russell Brand Show 11.50 Funny Cuts Mildnight Sex And The City 12.40 No Angels 1.45 Desperate Housewives 2.25 Desperate Housewives 2.05 No Angels 4.05 Young, Sexy And Rich 4.45 Switched 5.10 Switched 5.30 Switched MORE4

10.45am A Place In The Sun 11.15 Countdown **12.05pm** Deal Or No Deal **12.55** Hill Street Blues **2.00** Film: World For Ransom (1954) (PG) 3.30 Thirtysomething 4.30 Film: Apache (1954) (U) 6.05 Deal Or No Deal 7.00 Grand Designs Abroad Deal **7.00** Grand Designs Abroad **8.00** News **8.30** Jon Stewart **9.00** 30 Days 10.00 100% English 11.00 Starkev's Last Word 11.35 Jon Stewart 12.05am Thirtysomething 1.00 A Place In The Sun

televisionX (SKY 903)

10.00pm Freeview 10.10 Slingers 10.30 Eurochicks 10.35 B**** Rider 11.00 Freeview 11.10 B**** Rider 11.15 A*** Teens 11.30 The Omai Show 11.45 Glamour S Midnight Freeview 12.10 Glamour S**** 12.15 Amsterdam Central 12.30 Ben Dover 12.50 Bad A** Black Babes 1.10 Twin Cheeks 1.25 C*** Crazy 1.45 Action Time 1.50 Finally Legal 4 3.00 Erotic NZ

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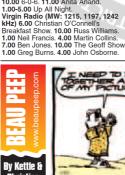
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NIGHTLY FROM 10:00PM TO 5:30AM

MATT BA

AN estate agent once showed me round a flat. But he was so young he must have been bunking off physics.
"Is the owner open to offers?" I asked. "I don't know," he replied. "How long is left on the lease?" I enquired. "Erm..." he answered, scratching his head.
We went on like that for 10 minutes until, furnished with precisely none of the infor-

It's unlikely that any estate agents will be taking part in ITV1's **CONFESSIONS** series, in which professionals from all walks of life confess to their worst muck-ups on the job.

SKY MOVIES 2

7.00am Jackle, Ethel And Joan: The Women Of Camelot 33071815 8.45 Camp Nowhere (1994) (PG)

Comedy. 764821 **10.45 The Polar Express (2004)**

Animated adventure. 80167
8.00 Elektra (2005) (12) Comic-book

adventure, with Jennifer Garner. 335255-9.40 Deuce Bigalow: European Gigolo (2005) (15) Comedy sequel, starring Rob Schneider. 912544 11.25 Chain Reaction (1996) (12)

5.00 6.50 Nurses On The Line: The Crash Of Flight 7 (1993) (PG)

SKY CINEMA 1

6.00am On The Beach (1959) (PG)

(PG) Drama. 52696167 2.25 Young Mr Lincoln (1939) (U)

Swashbuckling adventure, starring Tyron Power. 31679902 **6.10 Clambake (1967) (U)** Musical,

12.00midnight The Cold Light Of

League 6787631 4.00 UEFA Champions

League Manchester United v Benfica (Kick-off 7.45pm). 4637490 11.00 World Of Golf

SKY SPORTS 3





HURRY! GET SKY TIME FOR CHRIST



SKYOOC

Terry Pratchett's Hogfather





FEAST on top telly this Christmas with Sky's fab festive line up - from just £15 a month! Sign up to Sky TV now and you

could unwrap a Santa sized haul of brilliant shows.

With seasonal TV treats set to include the new series of Lost, Terry Pratchett's the Hogfather and sensational sporting action, hurry to get Sky TV installed before the big day.

When you sign up to Sky TV you're the boss – with six entertainment mixes to choose from so that you get your own customized telly package.

Pick two, four or six mixes with any combination from Variety, Knowledge, Music, Style and Culture, Kids or News and Events.

Tune it to brand new Lost: Series 3 or Terry Pratchett's Hogfather – a real Christmas cracker starring Sir David Jason – by simply picking the Variety Mix.

Then throw in the Kids mix for example, with great children's shows from Disney and the Cartoon Network, and the cost is just £15 a month.

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Why not top off your tasty Christmas viewing with a helping of either Sky Sports or Sky

Movies too.
Stay on the ball with live coverage of Ashes Cricket Down Under and thrilling footie, including live Premiership and Champions League games on Sky Sports.

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you'll get a free dish and standard installation thrown in when you do.

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There's snow place better for telly than Sky – so get your skates on right away to sign up from just £15 a month in time for Christmas by calling 08702 431 880 or visiting www.sky.com

WRAP: SKY'S CRACKING)

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ies and biographic to nourish your mind

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els (this currently applies to Channel 4 and Five). The BBC channels are available as part of your licence fee, †Sky News is available without a subscription,

HERE'S WHAT Y	SKY SPORTS OR MOVIES	SPORTS & MOVIES	
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ions to new customers may be subject to availability delay. Lead times for standard installations for new UK Sky TV customers (excludes Highlands and Islands;Channel Islands Scottish islands and Isle of Man) currently average 5 – 7 days and are likely to increase Christimas. Non-standard installs may experience longer lead times.

prior to Christmas. Non-standard Installs may experience longer lead times.

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GREAT VALUE PHONE SERVICE Sky's new easy to manage phone service - SkyTalk. An exclusive phone service for Sky TV customers



She's too hot for me

I'VE bitten off more than I can chew with my girlfriend.

I love sex as much as the next guy but she is insatiable.

She is always gagging for sex — as soon as I come in from work, and before I can even get my coat off she's throwing me against the stairs and impaling herself.

There's no kissing or enderness and not a lot of foreplay — just pure

tenderness and not a lot of foreplay – just pure sex. Then if I'm having a quick shower she'll join me and expect more sex. The kitchen table, on the way back from the pub, in the car ... she's always groping me or shoving my hand up her skirt or in her top.

Glimpse

She'll do a Sharon Stone when friends are round, and even if my parents are visiting. I'd die if my dad, or worse mum, got a glimpse. It was fun at first but now after three years of living together she has not calmed down and if anything she's got more randy.

I'm exhausted.

JANE SAYS: I'm sure she thinks she's being all woman, but it sounds like there's no love in her love making and she doesn't seem to be tuned in to the intimate

side of sex.
You really need to talk
seriously and come up
with a compromise.
For a start she's got to
wear undies when your
parents come round —
it's unfair of her to put

parents come round — it's unfair of her to put you in a possibly embarrassing situation. Tell her you are more than happy to do what she wants as long as she compromises and listens to your needs.

THREATS ARE HELL **FOR PREGNANT NEW GIRLFRIEN**

AFTER living with my bitchy, nasty, money-grabbing ex for two miserable years, I started to have an affair with a girl I work with.

I know that I should have left my ex first, but it just happened.

happened.

And although I was planning to leave and was already secretly looking about for a flat to rent, my lover got pregnant.

We'd been seeing each other for only five months, so it wasn't ideal. But I had been waiting for the right time to tell my ex I was leaving and wanted to have somewhere else to live lined up first. Then my ex suddenly found out from my best mate's girlfriend, who thought she should know, and she chucked me out.

Abuse

That was six months ago – and I'm now happily living with my lover in a flat. We're very excited about the baby, who is due in - and

about the baby, who is due in February.

The problem is the attitude of my ex and her friends and family. We can't go anywhere without one of them turning up and shouting abuse at us in the street, in shops or in the nub.

abuse at us in the street, in snopsor in the pub.

It's clear that my ex has made up a load of nasty lies about me, accusing me of hitting her, raping her and trying to control her.

I'm just not like that – as her friends and family know full wellbut it doesn't stop them giving us all this prief. all this grief.
We've had eggs chucked at us as

we walk down the street and my car has been scratched down the side with a key.
We've also had abusive phone calls, threatening us and our unborn baby.
Although I don't think they'd actually do anything to harm us physically, I'm worried about the effect this is having on my girlfriend.

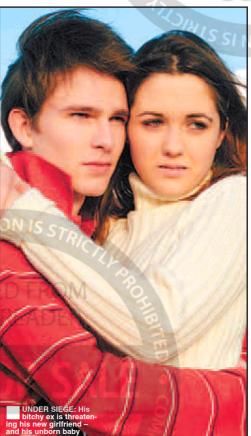
It's wearing us both down, but is especially tough on my girlfriend during her pregnancy. What should I do about my ex and her family and pals?

JANE SAYS: This nasty cow didn't treat you right when you were together, so it's no surprise she's behaving like this now you

were together, so it's no surprise she's behaving like this now you are apart.
Yes, you did behave badly by cheating on her and then getting your griffriend pregnant.
But that was months ago and you certainly don't deserve this public shaming every time you step out.
I suggest that you write your ex a letter – keep a copy – explaining that if she, her friends and family don't stop behaving like this, you'll take the matter further. Tell her to inform the people who are abusing you what you intend to do. If she doesn't and they carry on, visit your local Cilizens Advice Centre and contact the police.

tact the police.
Your ex's gang have caused criminal damage to your car and have physically threatened you.

Although you know it's them, you can't actually prove they are behind it. So alerting the police would be a sensible step.



Tragic past's just a big

WHEN I first started

WHEN I first started going out with my girlfriend, she was refreshingly different from anyone else I'd ever met.

She was firm and laid-back, and a lovely person. But there was a sad side to her. She told me her mum had died five years before, she hadn't seen her dad for years and she was an only child.

We've been seeing each other for six months and it's been great. But a few weeks ago I knocked over her handbag and, as I was putting her stuff back, I spotted a postcard.

Accuse

It was from her mum, saying that she, my girfriend's dad and two sisters were having a lovely time in Spain, and it was dated the previ-

was dated the previous week.

I haven't quizzed her about it because I don't know how to. I now don't believe a word she says.

JANE SAYS: Admit you found the post-card and ask for an explanation.

card and ask for an explanation. She'll accuse you of snooping, but she has been lying and that is really far worse. If she admits she has parents and sisters, you have to ask yourself why she felt she needed to lie to you. Maybe she thought at ragic past made her more vulnerable and attractive to you. But you need to find out.

0906 751 3140

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0906 751 3151

0906 751 3152

0906 751 3153

0906 751 3154

0906 751 3155

0906 751 3156

0906 751 3157

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

want to cut off his nasty thing

MY 35-year-old balding, plump husband has grown a pony

n. It looks absolutely pathetic, especially as he plaits it and

It looks absolutely pathetic, especially as he plaits it and it's now about nine inches long.

I've seen people laughing at him in the street behind his back and despite our kids telling him how embarrassed it makes them he is proud of it.

He thinks it makes him look younger, but it's like a rat's tail and he just looks stupid.

I know he doesn't want to get old, but none of us do. He's a lovely guy – how can I convince him it's time for the snip?

JANE SAYS: Your husband is suffering from a mid-life crisis and is clinging to what he mistakenly believes is his hair!

is nair: OK, it is his hair, but it's not exactly a full head, is it? You've got to be sympathetic and just let him do what he wants

he wants.

Perhaps a strategically placed photo showing him
what he looks like from behind may persuade him that
his rat's tail isn't as attractive as he thinks it is.

0 Day three









CONTINUES TOMORROW

The Transfer who knows your future

JUSTIN'S BIRTHDAY LINE 0906 751 5777 If it's your birthday today call for a special reading

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Aries

(Mar 21-Apr 20)

EMOTIONALLY, you have come out of a rut. But love is hard work – though you do enjoy a challenge. Your ruler Mars enters Sagittarius, and a new pursuit will make you more passionate about life. However, it's your heart that is touched today. To see why you must handle your feelings carefully at the moment, call...

To receive daily texts send DSARI to 85100

0906 751 5771 (01) *

(May 22-June 22)

Taurus

THERE may be some domestic details to sort out. It can't be easy floating between two homes. However, you could get an offer which doesn't require a bridging loan. In fact, the price may be cut especially for you today. Now what do you do? To see why you have a big incentive to stay with someone, call...

To receive daily texts send DSTAU to 85100

0906 751 5771 (02) *

Gemini

YOU may have been held back in a way you never imagined. Now, however, you are quite happy to alter your plans, and there should be some constructive dialogue today. What others are telling you is important, no matter how it sounds. You'll soon take what they say on board. To understand what's happening, call...

To receive daily texts send DSGEM to 85100

0906 751 5771 (03) *

Cancer

(June 23-July 23)

CERTAIN people may question how much you are investing. How can you make so much money legitimately? But no matter how hard you have to work, there are always perks along the way. What happens today should increase your sense of security. Otherwise, you may as well chuck it all in. To see why you won't lose out again, call...

To receive daily texts send DSCAN to 85100

0906 751 5771 (04) *

Leo

(July 24-Aug 23)

SATURN in Leo turns to stationary motion SATORN II LEV UITIS to stateonary miouto today, and you should be more at ease with your feelings. You could even be seduced today, But you don't want to get hurt. Even so, this is a reassuring time, and the right person will turn up and give you a hand. To see why your actions at work will be more than welcomed, call...

To receive daily texts send DSLEO to 85100

0906 751 5771 (05) *

Virgo

(Aug 24-Sep 23)

YOUR prayers could be answered. But is it what you want? Those at home think so, but you will find it difficult to relax. You will find solace somewhere else. No doubt you will also be intrigued by a move today – though someone may need your help moving. To see why things are definitely on the up, call...

To receive daily texts send DSVIR to 85100

0906 751 5771 (06) *

Libra

(Sep 24-Oct 23)

FRIENDS deserve your attention. But events may force you to focus your attention elsewhere and they are bound to end up upset. You simply can't ignore some important calls today. Things appear light-hearted, but inwardly you might not be smiling. To see why you mustn't cancel an arrangement, call...

To receive daily texts send DSLIB to 85100

0906 751 5771 (07) *

Scorpio

(Oct 24-Nov 22)

YOU seem determined to get what you are owed. But do you want to risk upsetting people? If you want to avoid a confrontation, then you should refrain from discussing business today. Your biggest asset is your charm, regardless of the answer you receive from an important client. To see why you will attract the right opportunity, call...

To receive daily texts send DSSCO to 85100

0906 751 5771 (08) *

Sagittarius (Nov 23-Dec 21)

AS Mars now enters Sagittarius, you should be all fired up today. And yet, even though you must accept that certain people are still trying to discover themselves and won't contact you. All you have to do is change your approach. To see why anything is possible at the moment, call...

0906 751 5771 (09) *

(Jan 21-Feb 19)

Capricorn (Dec 22-Jan 20)

TO turn down an offer would be a shame. But you are not soft in the head. You will have little control over someone's actions today. They might do something out of the ordinary just to test you. Don't fall for it — more opportunities will come your way. To see why you now know your value, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10) *

Aquarius

SATURN in Leo turns retrograde today, salum in Leo turns retrograde today, and even though you and a partner belong together, it's much easier to be friends. However, they may not let you see someone else – unless they give you their permission. Don't feel too bad about telling them to mind their own business. To see why life is so unpredictable, call...

send DSAQU to 85100

0906 751 5771 (11)

Pisces

(Feb 20-Mar 20)

A CHALLENGE is worth putting your effort into, even though others aren't very tolerant. On the whole you enjoy your work, and will laugh out loud when you are told what you are doing today. However, there is more important stuff to sort out at home – and you are fully equipped. To see why you are too hard on yourself, call...

To receive daily texts

0906 751 5771 (12) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day, eg lext DSARI to 85100. You will be sent one new message this is a subscription service — it will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870 834 7549.







MOBILE COMMUNICATIONS



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£10,000	£93.36	£22,408	£104.56	£18,822	£129.52	£15,543	
£20,000	£186.73	£44,815	£209.12	£37,643	£259.05	£31,086	
£30,000	£280.09	£67,223	£313.69	£56,464	£388.57	£46,629	

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THINK CAREFULLY BEFORE SECURING OTHER DEBTS AGAINST YOUR HOME. YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ON A MORTGAGE OR ANY OTHER DEBT SECURED ON IT. lease be aware that the term of your new loan may be longer than the term of your existing credit and you may pay more over the long term. The amount of monthly savings will depend on the type and term of credit you repay.









We may be able to help.

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Homeowners Call Free On

Secured Loans typical variable rate 12.9% APR Think carefully before securing other debts against your home. Your home may be repossessed if you do not keep up repayments on a / your mortgage or any other cebt secured on it. Actual rate will depend on your circumstances. Ask for a personalised illustration. Broker fee 0-10% may be charged on completion, typically 4%.

Re-mortgages The overall cost for is 8.9% APR



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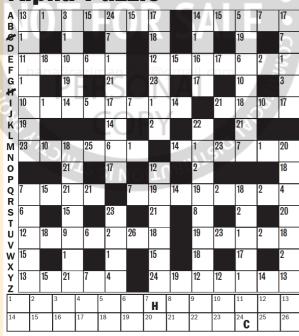
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Alphapuzzle" tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 7/10: TARGET: 22 minutes: CLUE: Deep endless

YESTERDAY'S SOLUTION: Across: Musk, Spyglass Granule, Extra, Banns, Clench, Thwart, Object, Eleven, Madam, Again, Rosette, Keepsake, Zone.

Down: Megabyte, Park, Spawn, Welfare, Quasar, Vines, Preach, Anorak, Glebe, Bemuse, Article, Ditto, Slam (clue), Stampede.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSALPHA to 86100 and we will text the six

extra letter clues direct to your mobile.

Texts cost £1 plus normal network operator rate

FILL SOLUTION: 0906 751 3121



CHAT PUZZLES ON SALE NOW

Fit five of the seven listed words into the rows in the grid so that the other two words read down the shaded columns.

ALLY

ALTER EGO

AMIGO

BUDDY

CHINA

CHUM

COBBER

COMPADRE

COMRADE

CONFIDANT

CRONY

FAMILIAR

FRIEND

HOMEBOY

MATE

MUCKER

OPPO

PAL

PARTNER

SHADOW

SIDEKICK

SPAR

SUPPORTER

2 3 4 5

has been a double agent and can't be found in the

grid. Which one?

YUPCCRAYLLB

B O N E M P C R O A F E O

E R M R O O P A D R O B S M E C A M I G O I E G U I

H B I S P E N D D T R Y

C O N F I D A N T P E T L C A R I P C Y A U T R

 $\mathsf{E} \ \mathsf{I} \ \mathsf{O} \ \mathsf{R} \ \mathsf{A} \ \mathsf{I} \ \mathsf{L} \ \mathsf{I} \ \mathsf{M} \ \mathsf{A}$

MUCHIAPARTNE

A R M O C L E N L

H P T M W E R A E D

YSNSHYNORCES OYDDUBPRIM

AGATE BROWN CHASE HURRY KORAN **ROUGH** WARTS

K

D

K

Take two consecutive letters from each word listed, and enter them, in order, into the corresponding row in the grid to form an eight-letter word. Reading down the shaded columns you will

								_	
1	WINE		FRAY		TE.	AR	EDIT		
2	PAIN		Cl	TE	VIAL		METE		
3	RILE		ВА	SE	COLD		VERY		
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rid so that every column, 3x3 square includes gits from 1 to 9.

RDAY'S SOLUTION

TECTERDAL C COLOTICA									
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8	9	1	4	2	5	3	7	6	
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9	6	5	3	7	4	8	1	2	
7	4	2	8	1	9	6	3	5	
1	8	3	2	5	6	7	4	9	
_	_	_	_	_	_	_	_	_	

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Calls 75p/min BT landlin

YESTERDAY'S SOLUTIONS

CHAIN LINK



ANSWERS IN TOMORROW'S

Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
 ACROSS

 1 Aunt set for treatment for disease (7)
 5 Sit here in club?
 Enchanting! (5)
 8 It'll stop you where you order a drink (3)
 9 Is it delivered in armoured vehicle? (4,5)
 10 Seized by terrible cad, he was in pain (5)
- was in pain (5) 11 I'm put back in box by med-
- icine man (7)

 13 Drink, decisively put an end to things (6)

 14 Not moving gets bad reception (6)
- 14 Not moving gets had reception (6)
 17 Record of socialist bureaucracy? (3-4)
 19 I'm stuck in way across sea inlet (5)
 21 What on earth is at the top?

- (5,4)
 23 Show your disapproval of book don't finish it! (3) 24 Moved slowly forward like a sharp sword? (5)

- 25 Sky-high alarm for outbreak of trouble? (5-2)
 DOWN
- 1 First-class piece pulled up is a bone (5)
- a bone (5)
 2 Spin-off, is a confused
 Doctor Who (9)
 3 I'd no mac, wandering like a
 gypsy (7)
 4 Make changes as on telephone board (6)
 5 Bankrupt after a crash? (5)
 6 Land not consciously

- 5 Bankrupt after a crash? (5)
 6 Land not consciously
 known by any of us? (3)
 7 Unorthodox believer makes
 her quote back (7)
 12 Struggling with changing of
 tin to Russian money! (2,7)
 13 Unusual street to wander
 over (7)
- - up (7)

 16 The French dandy will be acquitted (3,3)

 18 Some chap hid garden pest (5)

 20 Sag in rod spoilt operation (5)

 22 Bordered (5)

 23 A Short of express disgust (3)

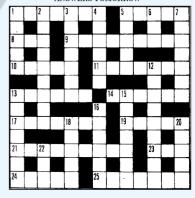
 24 Bordered (5)
 - 18 Some chap hid garden pest
 (5)
 20 Sag in rod spoilt operation
 (5)
 22 Some of your ugliest floorcovering (3)
 QUICK CLUES
 ACROSS

 1 Lockjaw (7)
 5 Long wooden seat (5)
 8 Drink's counter (3)
 9 Postal shopping (4,5)
 10 Was in pain (5)
 11 Pharmacist (7)
 13 To put an end to (6)
 14 Stationary (6)
- YESTERDAY'S SOLUTION: ACROSS 1 Double-cross, 7 Tag, 9 Speculate, 10 Stiff, 11 Death, 14 Node, 15 Rear, 16 Neptune, 17 Espy, 19 Limb, 20 Nasty, 23 Ideas, 26 Houseboat, 27 Hut, 28 Over the moon. DOWN 1 Dispense with, 2 Uses, 3 Louse, 4 Coast, 5 Owes, 6 Strive, 8 Go for a Burton, 11 Deny, 12 Aspen, 13 Hours, 15 Rely, 18 Presto, 21 Adult, 22 Theme, 24 Shoe, 25 Logo.

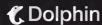
- 24 Bordered (5)
 25 Sudden burst of emotion or violence (5-2)
 DOWN
 1 Leg bone (5)
 2 Recent Doctor Who spin-off

- 2 Recent Doctor who spin-or series (9) 3 Wandering (7) 4 Exchange, swap (6) 5 Bankrupt (5) 6 Bob head in agreement (3) 7 Person with unorthodo beliefs (7) unorthodox
- beliefs (7)
 12 Needing help, in a mess (2,7)
 13 Peculiar (7)
 15 Lustrous fabric (7)
 16 Acquit (3,3)
 18 Plant louse (5)

- 20 Sag (5) 22 Mat (3)



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